

Honey Baked Salmon with Spinach Quinoa, Pineapple Salsa, and Cucumber-Dill Dipping Sauce

Makes: 4 Servings

"I'm involved with my local Dairy Council through a nutrition program at my school," says Reagan. "I knew I had to incorporate dairy to make them proud, so I made a list of all of my favorite foods to see what kind of recipe I could come up with. I talked with a local chef at the university in my town and he explained what the new "super foods" were and how important they are to our health. I then created a recipe that I thought would be great. I worked through trial and error until I finalized my recipe that is now delicious and includes my favorite and super foods."

Ingredients

For the Salmon:

- 4 (10-inch-square) pieces parchment paper
- 3 tablespoons** honey
- 1 tablespoon** coconut oil
- 1** garlic clove, peeled and minced
- 1 teaspoon** dried thyme
- 4** (2-ounce) skinless salmon fillets
- Pinch of sea salt and pepper

For the Pineapple Salsa:

- 1/2 cup** fresh pineapple, diced
- 1/4 cup** corn kernels
- 1/4 cup** cucumber, peeled and diced
- 1/4 cup** red onion, peeled and diced
- 1/2 tablespoon** fresh cilantro, chopped
- 1/2 tablespoon** flax seed
- 1/2 teaspoon** lime zest
- 1 tablespoon** lime juice
- 1 teaspoon** honey
- pinch sea salt



Nutrition Information

Nutrients	Amount
Calories	394
Total Fat	12 g
Saturated Fat	7 g
Cholesterol	38 mg
Sodium	394 mg
Total Carbohydrate	48 g
Dietary Fiber	5 g
Total Sugars	22 g
Added Sugars included	14 g
Protein	27 g
Vitamin D	6 mcg
Calcium	139 mg
Iron	3 mg

Directions

1. **To make the Salmon:** Preheat the oven to 375°F and line a large baking sheet with 4 pieces of parchment paper. In a small bowl, whisk together the honey, coconut oil, garlic, and thyme. Place 1 salmon fillet on each piece of parchment paper. Season with salt and pepper. Drizzle the honey mixture over the salmon. Roll the parchment paper into pouches around each piece of salmon and pinch the sides closed, making sure they are sealed well. Bake for 15 to 20 minutes, or until the fish flakes when touched by a fork.
2. **To make the Salsa:** In a medium bowl, combine all of the ingredients and toss to combine.
3. **To make the Quinoa:** In a large saucepan, heat the coconut oil over medium heat. Add the onion and sauté for 4 minutes, or until soft. Add the garlic and quinoa and cook 1 minute. Add 1 ½ cups water and salt and bring to a boil. Reduce the heat, cover, and simmer for 15 to 20 minutes, or until the water is absorbed. Add the spinach, lemon zest, and salt to taste.
4. **To make the Sauce:** In a medium bowl, combine the yogurt, cucumber, dill, lemon zest, cumin, and salt and mix together well.
5. **To plate:** Spoon the quinoa onto plates, place the salmon on top, and spoon the salsa onto the salmon. Serve the sauce in a small dish on the side.

The 2015 Healthy Lunchtime Challenge Cookbook